



NATIONAL
MULTIPLE SCLEROSIS
SOCIETY

Publications From The

SPRING 2002

National MS Society

General Information

The History of Multiple Sclerosis

by Loren Rolak, MD

Overview of MS from the Middle Ages to the present; highlights role of the Society since 1946. 13 pages.

2002

EG 0758

InsideMS

Full-color quarterly magazine on living well with MS. Benefit of membership in the Society. Published 4 times a year.

Just the Facts 2001-2002

Up-to-date information on multiple sclerosis and what the National MS Society does about it. 24-page brochure.

4/02

ER 6007

NEW

Research Directions in Multiple Sclerosis

by Stephen C. Reingold, PhD

An overview of current research in key areas of immunology, genetics, virology, and cell biology, explained for non-scientists. 20-page booklet.

8/01

ES 6017

What Everyone Should Know About Multiple Sclerosis *

Overview of MS suitable for the whole family. Illustrations. 16-page booklet.

10/01

ER 0100

What Is Multiple Sclerosis?

Symptoms, disease patterns, diagnosis, prognosis, treatment, and research efforts briefly described. 8-paneled brochure.

11/01

BR 3009

*To order any of these publications, call
1-800-FIGHT-MS (1-800-344-4867), Option #1.*

*(Publications are also available on our Web site at
www.nationalmssociety.org/Brochures.asp)*

Newly Diagnosed

Accessing the Disease-Modifying Drugs

Highlights the assistance offered by drug companies to alleviate financial difficulties caused by the high cost of Avonex, Betaseron, or Copaxone. 12-page brochure.

10/01

ER 6008

Comparing the Disease-Modifying Drugs

Summarizes information on the disease-modifying drugs, Avonex, Betaseron, and Copaxone. Includes how each is taken, side-effects, approximate costs, and benefits. 4-page fact sheet.

2002

EG 0763

Addendum to Comparing the Disease-Modifying Drugs NEW

Summarizes information on the disease-modifying drug, Rebif: how it is taken, side-effects, and approximate costs. 2-page fact sheet.

2002

EG 0770

Diagnosis: The Basic Facts

Explains usual steps & tests. Includes how to prepare for an MRI. 6-page fact sheet.

2001

EG 0747

Disclosure: The Basic Facts

Discusses whom, when, and how to tell in both personal and work situations; includes personal vignettes. 6-page fact sheet.

2001

EG 0756

Genetics: The Basic Facts

Basic facts about MS and heredity. 5-page fact sheet.

2002

EG 0750

Information for Employers

For people to give to their employers when they are ready to disclose their multiple sclerosis. 4-paneled brochure.

2/02

ER 6002

Living with MS

Debra Frankel, MS, OTR, with Hettie Jones
Answers to the questions most often asked when the diagnosis is MS—from possible causes to advice on coping. Cartoons. 24-page booklet.

10/01

ES 0087

Putting the Brakes on MS

by Lorna Smedman

It is now possible to treat relapsing forms of MS but none of the available therapies “go all the way” and stop or cure MS. A realistic explanation which includes a condensed version of the National Medical Board’s Consensus Statement. 36-page booklet.

10/01

ES 6048

Should I Work? Information for Employees

A general overview of the employment issues that might concern people newly diagnosed with MS. 8-page brochure.

5/01

ER 6001

Become a Member of the National MS Society: Send your tax-deductible membership contribution to your chapter. Call 1-800-FIGHT-MS, Option #1. If you are a person with MS for whom contributions are not feasible, ask your chapter for a **Courtesy Membership**.

Staying Well

Clear Thinking about Alternative Therapies

by Virginia Foster

Highlights facts and common misconceptions, compares alternative and complementary medicines, and suggests ways to evaluate benefits and risks. 32-page booklet.

10/01 **ES 6038**

Exercise as Part of Everyday Life

by Mary Harmon

People with MS can find ways to make physical activity a regular part of staying healthy. Includes tips on exercise and MS symptoms. Cartoons. 28-page booklet.

2/01 **ES 6008**

Food for Thought: MS and Nutrition

*by Denise M. Nowack, RD,
with Jane Sarnoff*

A guide to healthy eating, which includes the effects of diet on MS, symptom management and eating habits, and planning well-balanced meals. Illustrations. 32-page booklet.

3/02 **ES 6020**

Managing MS Through Rehabilitation

*by Lisa J. Bain and
Randall T. Schapiro, MD*

What rehabilitation can do for mobility, fatigue, driving, speech, memory, bowel or bladder problems, sexuality, and more. 24-page booklet.

5/01 **ES 6022**

Multiple Sclerosis and Your Emotions

*by Mary Eve Sanford, PhD,
and Jack H. Petajan, MD*

How to manage some of the emotional challenges created by MS. 36-page booklet.
5/02 **ES 6007**

Stretching for People with MS

by Beth E. Gibson, PT

An illustrated manual showing range of motion, stretching, and balance exercises for a basic at-home program. 24-page large format booklet.

3/02 **ES 6041**

Stretching with a Helper for People with MS

by Beth E. Gibson, PT

An illustrated manual showing most of the same exercises for individuals who need a helper. 28-page large format booklet.

3/02 **ES 6042**

Taming Stress in Multiple Sclerosis

by Frederick Foley, PhD, and Jane Sarnoff
Guide to simplifying daily life.

Instructions on muscle relaxation, deep breathing, visualization, and more. 36-page booklet.

5/02 **ES 6034**

Vitamins, Minerals, and Herbs in MS: An Introduction

*by Allen Bowling, MD, PhD, and
Thomas Stewart, JD, PA-C*

A practical guide to diet supplements for people with MS. Outlines what is and is not known about supplementation, with references for further study. 32-page booklet.

8/01 **ES 6043**

New Edition

Managing Specific Issues

ADA and People with MS

by Laura Cooper, Esq., and Nancy Law, LSW, with Jane Sarnoff

What the Americans with Disabilities Act means in employment, public accommodations, and more. 28-page booklet.

6/01 ES 6021

Bowel Problems:

The Basic Facts

by Nancy J. Holland, RN, EdD, and Robin Frames

Ways to manage common bowel problems in MS. Illustrations. 9-page fact sheet.

2002 EG 0772

"But You Look So Good!"

Coping with invisible MS symptoms.

12-page brochure.

6/02 ER 6000

Controlling Bladder Problems in Multiple Sclerosis

by Nancy J. Holland, RN, EdD

MS bladder problems and how they can be managed through self-help and medications. Illustrations. 20-page booklet.

9/99 ES 0039

Controlling Spasticity

by Nancy J. Holland, RN, EdD, with Serena Stockwell

Managing this common, sometimes disabling, MS symptom. Includes roles of self-help, medications, physical therapists, nurses, and physicians. 20-page booklet.

6/00 ES 6037

Depression and Multiple Sclerosis

NEW

Discusses the symptoms of depression; the relationship between MS and depression; available therapies; and where to find help. 12-page brochure.

5/02 ER 6003

Fatigue: What You Should Know

Although MS fatigue is not fully understood, it can be reduced with treatments and self-help. 28-page large format booklet.

12/01 ES 6046

Hormones: The Basic Facts

The most frequently asked questions about MS and hormones. 4-page fact sheet.

2002 EG 0765

MS and Intimacy

MS can affect sexuality, both directly and indirectly, but problems can be resolved or minimized. 32-page booklet.

12/01 ES 6045

MS and the Mind

A reprint from the Society's national magazine, **InsideMS**. Covers depression, cognitive functions, and mood swings, including coping tips and medications. 24-page reprint.

5/01 ER 4326

On: Gait or Walking Problems

Walking problems and how they can be addressed. 6-page fact sheet.

5/98 EG 0742

On: Pregnancy

Reassuring answers on pregnancy, delivery, and nursing. 4-page fact sheet.

5/98

EG 0749

On: Vision Problems

Current therapy for MS-related eye disorders. Discusses low-vision aids. 6-page fact sheet.

5/98

EG 0736

Pain: The Basic Facts

An overview of treatments and strategies for managing MS-related pain. 8-page fact sheet.

2001

EG 0733

A Place in the Workforce

A reprint from the Society's national magazine, **InsideMS**. On employment strategies and options. 20-page reprint.

5/02

ER 4328

NEW

Solving Cognitive Problems

by Nick LaRocca, PhD, with Martha King
Discusses mental functions most likely to be affected by MS. Self-help and information on cognitive rehabilitation. 24-page booklet.

3/02

ES 6029

Speech and Swallowing:

The Basic Facts

Speech and swallowing problems can be helped with exercises, medications, or technological aids. 4-page fact sheet.

2002

EG 0767

New Edition

Tremor: The Basic Facts

A troubling MS symptom described. Coping strategies and research horizons. 6-page fact sheet.

2002

EG 0769

NEW

Urinary Dysfunction and MS

by Rosalind C. Kalb, PhD

A sophisticated explanation of currently available treatments for MS-related urinary problems. Detailed descriptions of diagnostic testing, management strategies, and commonly prescribed drugs. 24-page large format booklet.

12/01

ES 6047

The Win-Win Approach to Reasonable Accommodations: Enhancing Productivity on Your Job

by Richard T. Roessler, PhD,
and Phillip Rumrill, PhD

A practical guide to obtaining workplace accommodations. 20-page booklet.

1/02

ES 6025

Managing Major Changes

At Home with MS: Adapting Your Environment

by Jane E. Harmon, OTR

Modify a house or apartment to save energy, compensate for reduced vision or mobility, and live comfortably when MS is severe. Many do-it-yourself changes. 28-page booklet.

12/01

ES 6035

A Guide for Caregivers

by Tanya Radford

Discusses practical issues faced by caregivers, and the importance of emotional support. Includes resource list. 36-page booklet.

12/00

ES 6010

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Hiring Help at Home: The Basic Facts

Checklists and worksheets for people who need help at home. Forms for a needs assessment, job description, and employment contract. 12-page fact sheet.
2002 **EG 0752**

PLAINTALK: A Booklet About MS for Families

by Sarah Minden, MD, and
Debra Frankel, MS, OTR

Discusses some of the more difficult physical and emotional problems many families face. 32-page booklet.

4/01 **ES 0055**

So You Have Progressive MS?

by Sharon M. Brown

A veteran of 11 years writes frankly about life, family, work, dating, and pursuing your dreams when the diagnosis is "progressive" MS. 28-page booklet.

5/01 **ES 6044**

Información en Español

Comparación de los medicamentos modificadores de la enfermedad

Resumen de las medicinas Avonex, Betaseron, y Copaxone. Incluye el método de introducción, efectos secundarios comunes, precio aproximado, y los beneficios. 4 páginas. Literatura.
2002 **EG 0768**

Adición a la comparación de los medicamentos modificadores de la enfermedad

Nuevo

Resumen de la medicina Rebif. Incluye el método de introducción, efectos secundarios comunes, y precio aproximado. 2 páginas. Literatura.

2002 **EG 0771**

Controlando los Problemas de la Vejiga en la Esclerosis Múltiple

por Nancy J. Holland, RN, EdD

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For Children & Teenagers

Keep S'myelin *

Full color newsletter for children 5-12 years old. Articles, interviews, games, activities, and a special pullout section for parents. Published 4 times a year.

When a Parent Has MS: A Teenager's Guide

by Pamela Cavallo, MSW,
with Martha Jablow

For older children and teenagers who have a parent with MS. Discusses issues

brought up by real kids. Illustrations. 24-page booklet.

3/00 **ES 6024**

Someone You Know Has MS

adapted by Martha King from original material by Cyrisse Jaffee, Debra Frankel, Barbara LaRoche, and Patricia Dick

For children, 5-12. A story about Michael and his family explores children's fears and concerns. Full-color Cartoons.
32-page booklet.

8/01 **ES 0045**

Los problemas de la vejiga explicados; procedimiento para mantenerla en buen funcionamiento. Ilustraciones. 20 páginas. Folleto.

3/00 ES 6040

Debo Trabajar? Información para Empleados

Una exposición general sobre las preocupaciones con el empleo que pueden tener las personas recientemente diagnosticadas con MS. 8 páginas. Folleto.

7/99 ER 6005

Diagnóstico: Hechos Básicos sobre Esclerosis Múltiple

Explica los procedimientos y exámenes usuales. Incluye como prepararse para un MRI. 8 páginas. Literatura.

2002 EG 0759

Ejercicios Prácticos de Estiramiento para las Personas con Esclerosis Múltiple

por Beth E. Gibson, PT; Revisión/interpretación: Hector E. Mendez, LCSW
Un Manual Ilustrado demostrando movimiento manual, estirar, y el equilibrio ejercitan para un programa básico en el hogar. 28-páginas. Folleto.

4/02 ES 6049

Ejercicios Prácticos de Estiramiento con un Ayudante para las Personas con Esclerosis Múltiple

por Beth E. Gibson, PT; Revisión/interpretación: Hector E. Mendez, LCSW
Un Manual Ilustrado demostrando de los mismos ejercicios para los individuos que necesitan a un ayudante para mover. 32-páginas. Folleto.

4/02 ES 6050

La Fatiga: Lo Que Usted Debe Saber

Aunque la fatiga de EM no se entienda completamente, se puede manejar. Las opciones del tratamiento y la ayuda del ser. 32 páginas. Folleto.

4/02 ES 6027

Información para Empleadores

Para dar a empleadores cuando esten preparados a divulgar su esclerosis múltiple. 6 páginas. Folleto.

10/01 ER 6004

Información para Obtener los Medicamentos Modificadores de la Enfermedad

Explica la ayuda ofreció por compañías de droga para aliviar dificultades financieras causadas por el costo alto de los medicamentos modificadores de la enfermedad. 16 páginas. Folleto.

4/02 ER 6009

Lo Que Todo el Mundo Debe Saber Sobre la Esclerosis Múltiple *

Resumen de la esclerosis múltiple, adecuado para toda la familia. Ilustraciones. 16 páginas. Folleto.

10/01 ER 0101

¿Qué es la Esclerosis Múltiple?

Un resumen de los síntomas, desarrollo de la enfermedad, diagnóstico, pronóstico, tratamiento, e investigación. 12 páginas. Folleto.

7/99 BR 3008

Sobre los Problemas Sexuales Que No Mencionan los Médicos

Como la esclerosis múltiple puede afectar la sexualidad y que se le puede hacer. 5 páginas. Literatura.

9/98 EG 0762

Nuevo

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